

Chard Frittata Appetizer

- 2 t olive oil
- 6 c chopped chard (about 1 bunch), leaves and stems separated
- 2 cloves minced garlic
- 1 T water
- 2 large eggs, beaten lightly in a large bowl
- 1 c ricotta cheese (or cottage cheese)
- zest of 1 lemon
- a pinch of sea salt and some freshly ground black pepper
- 1/2 c roughly chopped black olives
- 1/3 c crumbled feta cheese

Slice the chard stems thinly and the leaves roughly. Heat the oil on medium in a large frying pan. Stir fry the stems for 4 minutes, until just tender, adding the garlic when nearly done. Add chard leaves and water and stir 3 to 4 minutes until the leaves are wilted and the water has evaporated. Drain and cool.

Mix the eggs, ricotta, lemon zest, salt and pepper in a large bowl. Add the greens, olives and feta. Pour mixture into a shallow 9-inch baking dish coated with a little olive oil. Bake at 350F for 30 to 35 minutes, until the top is lightly browned. Let cool for 10 minutes before cutting into wedges. Serves 4-6. Garnish with sliced cherry tomatoes and dandelion leaves. Serve hot, cold or anywhere in between. No one will be able to resist the charms of this wonderful **Chard Frittata Appetizer**.

Jittery Cook